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CAN BEEF TIDBITS
FOR STEW OR HASH

When beef or other home-butchered meat is being canned, there is usually some good meat left in small portions which may be canned as soup, hamburger, stew, or hash "makings" for the emergency shelf.

To prepare these small portions of beef for canning, cut or chop the meat in uniformly small pieces. Add enough water to cover, bring to the simmering point, and cook for several minutes. Pack hot in glass jars or plain tin cans and process in the pressure cooker. At 250 degrees F. or 15 pounds pressure, No. 2 cans of hash meat require 90 minutes of processing and No. 2½ cans need 115 minutes. Pint glass jars require 90 minutes and quart jars 2 hours.

Meat for stew may be put up alone or may be canned with vegetables. The vegetables that may be canned successfully with browned meat are a mixture of tomato pulp and equal parts of diced carrots, turnips, and potatoes. Only small amounts of onion, garlic, or spices should be canned with meat. White pepper is a better choice than black for canning because it holds a better flavor with meat products. Directions for canning these various meat specialties come from the Bureau of Home Economics, U. S. Department of Agriculture.

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